



# *PRO THERAPY*

Progressive Rehabilitation Orthopedic Therapy, Inc.  
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## **BALANCE TRAINING**

### **What is good balance?**

It can happen to anyone. One moment you are walking or standing, the next you are on the ground and don't know what happened. A fall, even a minor one, can be very frightening. In a brief moment you realize there is a problem. How do you fix it?

Balance is an underappreciated, yet vital skill for everyone. This seemingly natural ability to stay upright in a variety of different environments is actually a learned skill that is often taken for granted. Standing, shopping, climbing stairs and even walking would be impossible without balance.

### **How does balance work?**

Several systems work together to achieve good balance. Your brain continually receives information from your inner ears, eyes, joints and muscles telling you where you are in space. The information is processed and distributed to the muscles which then adapt to changes in the environment.

With good balance, you can walk, ride a bike, climb stairs, and be confident in large crowds. Without good balance, even if you don't fall, you may sprain your back or ankle, you will eventually limit your activities to avoid a fall, and unfortunately, you can lose your independence.

After an injury, and generally as you age, your central nervous system's response time is slower, increasing the likelihood of recurrent falls or injuries. Muscles are also slower to react after an injury or with aging. Good balance becomes more vital than ever before. This is why everyone can benefit from the supervised balance training program offered at PRO Therapy.

**Benefits of good balance.**

Fortunately, PRO Therapy can help. Balance training can very quickly make a difference in your life, improving your ability to move with greater ease and confidence. Balance training involves challenging your balance in a safe environment, and learning strategies to improve your balance and confidence in all your activities, like walking, standing, lifting, hiking, reaching, and carrying.

Done in a comfortable place, at a pace you can tolerate to get you better.